Nutrition Info
One medium pear has 100 calories and provides vitamin C and fiber.

Fun Facts
When a pear tree is planted, it takes 5 to 7 years before it will start producing fruit!

Pears ripen from the inside out and they ripen best once picked.

Did you know that pears don’t float like apples do?

Uses
For a quick snack, slice pears and serve with peanut butter.

Place pears on a grilled cheese sandwich. This works especially well with brie or gouda cheese.

We Want to Hear From You!
Share your fruit and vegetable tidbits and tales and be entered into a drawing for a $25 gift certificate! Each month we’ll ask a new question...and give you a new chance to win!

Here’s This Month’s Question:
Throughout La Crosse County, schools, businesses, and workplaces are making changes to make it easier for people to eat healthy, with a special focus on eating plenty of fruits and vegetables. During this month of Thanksgiving, we invite you to tell us about one such health-promoting change that has made a difference for you or your family.

To Enter:
Answer this month’s question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month’s drawing, please send your response no later than November 30th, 2013 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

Pick:
• Choose pears that are free of blemishes and soft spots.
• Pears come in various colors and skin textures; the color may not indicate ripeness.

Store:
• Ripen firm pears at room temperature. To speed up the ripening process, place in a paper bag with a banana.
• Place ripe pears in the refrigerator and enjoy within a few days.

Prepare:
• Wash and enjoy this on the go snack. No need to peel! The skin provides a good source of fiber!

The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
Pear Breakfast Crumble
Serves 8 (1/8th of pan per serving)

Ingredients:
- 4 cups chopped unpeeled apples
- 4 cups chopped unpeeled pears
- 2 Tbsp. flour
- 1 cup oatmeal
- ¼ cup brown sugar
- ½ cup chopped walnuts
- ½ cup flour
- ¾ cup melted butter
- 2 Tbsp. water

Directions:
Preheat oven to 350 degrees. In a medium bowl, combine apples, pears and 2 Tbsp. flour; spread into a 9x13 casserole dish. In a separate bowl, mix oatmeal, sugar, nuts, ½ cup flour, butter and water. Spread oatmeal topping over fruit mixture. Bake for 45 minutes or until topping is brown.

For more information on Farm2School & Foot Steps to Health visit:
www.GetActiveLacrosse.org!